

HARVEST OF THE MONTH PRESENTS...



HARVEST HEROES!



MAY 2008

GRADES 9-12

This month's heroes...



**THE
STUNNING
STRAWBERRIES!**

This material was created and approved as an extension to the Harvest of the Month tool kit developed by the Network For a Healthy California.

LEARN MORE INSIDE!



THIS MATERIAL WAS FUNDED BY USDA'S FOOD STAMP PROGRAM THROUGH THE CALIFORNIA DEPARTMENT OF PUBLIC HEALTH, NETWORK FOR A HEALTHY CALIFORNIA. THESE INSTITUTIONS ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. THE FOOD STAMP PROGRAM PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. IT CAN HELP BUY NUTRITIOUS FOODS FOR A BETTER DIET. FOR INFORMATION ON THE FOOD STAMP PROGRAM, CALL (323) 727-4542. CONTRACT # 06-55103.



TABLE OF CONTENTS

EVALUATION

& TIME LOG...

- EVALUATION
- TIME LOG & INSTRUCTIONS

PAGE 1
PAGE 2-4

FUNDING OF THIS PROGRAM REQUIRES BOTH TYPES OF DOCUMENTATION...
THANK YOU!!!

WHO ARE THESE GUYS?!!

- TOP SECRET INFO.
- WHO IS THIS HERO?
- A LITTLE HISTORY...
- WHEN ARE STRAWBERRIES "IN SEASON"?
- DID YOU ALSO KNOW?
- STRAWBERRY POWERS

PAGE 5-6

ACTIVITIES.

- CALIFORNIA CONTENT STANDARDS
- CIRCLE MAP®
- DOUBLE BUBBLE MAP®: VITAMINS & MINERALS.
- STRAWBERRY POWERS: TREE MAP®
- HOW TO PICK SOME STUNNING ONES. + BUBBLE MAP® ACTIVITY

PAGE 7
PAGE 8
PAGE 9
PAGE 10-12
PAGE 13-14

EXPERIENCE THE TASTE...

- USE YOUR SENSES. + SAMPLE + BUBBLE MAP® ACTIVITY
- 2 ZIPPY RECIPES FOR STRAWBERRY SMOOTHIES

PAGE 15-18
PAGE 19



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THE STUNNING STRAWBERRIES!

EVALUATION

Date: _____ # Students: _____ School: _____

Teacher Name (First & last): _____ Grade: _____

1. Which of the Tool Kit materials/activities were most useful? (Mark all that apply.):

- ☐ Top Secret Info.
 ☐ Circle Map®
 ☐ Double Bubble Map®: Vitamins & Minerals
☐ Strawberry Powers: Tree Map®
 ☐ How to Pick Some Stunning Ones
☐ Use Your Senses Activities
 ☐ Zippy Recipes (recipe(s) used): _____

2. Please note how much time was spent on this lesson: _____

3. What class(es) do you teach? _____

4. Depending on what course(s) you teach, the Activities may or may not get easily integrated into your existing curriculum. How would you suggest they be modified to better suit your needs?

5. Please provide us with any feedback re: the taste test and produce supplied.

6. What changes in your classroom have you made/will you make after participating in this month's Harvest?

7. You might do activities outside of what's provided in the kits, or perhaps you piggy-back on some materials to suit your needs. Whatever it is, we would love to know what your creative ideas are! You might see your name on a future activity sheet!

DON'T FORGET!

Funding of this program requires 2 types of documentation:

1. EVALUATION

Submit this page to Nutrition Services, Attn: Cathy Kawakami by JUNE 2ND. Call x7966 with questions.

2. TIME LOG

Submit every month. The next one is also due JUNE 2ND.

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TOP SECRET INFO.

WHO IS THIS HERO?



- Over 600 different varieties of strawberries exist, each a little different in taste, texture and size. They all still have the distinctive red flesh, tiny yellow seeds covering the surface, and a small cap of green leaves.
- Over 70 varieties are produced commercially, but it's hard to say which actual variety(ies) you are eating.
- Long-stem strawberries aren't a different variety; they are extra-large strawberries with long, firm stems. They are more expensive than regular strawberries because they must be found in the strawberry field.
- Like other red-colored fruits, strawberries help promote healthy hearts, memory function, & a lower risk of some cancers.

A LITTLE HISTORY...

Strawberries have existed for 2,200 years. They grew wild in Italy in 234 B.C., where the first mention of strawberries occurred in the writings of Cato, a Roman Senator.

European explorers discovered strawberries in North America in 1588 when they landed in the area we know now as Virginia. The explorers found tiny, sweet, deep red, wild strawberries. Early settlers in Massachusetts enjoyed eating strawberries grown by American Indians who cultivated them as early as 1643.

By the middle of the 1800s many regions of the United States were cultivating strawberries. Strawberries have been grown in California since the early 1900s.

WHEN ARE THEY "IN SEASON"?

One of the many joys experienced during the spring time is the sweet succulence of a fresh strawberry. Harvesting begins in Southern California in February and moves north as the season progresses. Peak season is between April and June when all of the growing districts are in full production. However, you will see strawberries available in the late summer and early fall, since a good portion of the California crop is harvested after June 1st.

Berries are one of the most perishable fruits, and cannot be stored in controlled-atmosphere chambers to delay ripening. Now is the time of year to enjoy fresh, California-grown strawberries!

DID YOU ALSO KNOW?



- Flavor is influenced by growing conditions (i.e., weather), stage of ripeness when harvested, and the variety. Size is not a factor in determining flavor.
- The strawberry plant has seeds on the outside skin rather than having an outer skin around the seed, as most berries do. They do not however, normally reproduce by seeds. When the fruit is developing, the plant sends out slender growths called runners, also called clones, that look like strings. They grow on the ground and send out roots in the soil. The roots produce new plants which grow and bear fruit.



TOP SECRET INFO.

STRAWBERRY POWERS



As if you needed any extra motivation to eat strawberries... Not only are they sweet enough to be dessert, they provide some *stunning* nutritional benefits as well! (One cup is equal to about 8 large berries.)

VITAMIN C!

- Helps Fight infection, heal cuts, and prevent bruising.
- Necessary For the production of collagen, the connective tissue that supports bone, muscle and other tissues in the body.
- Serving as an antioxidant, Vitamin C may help lower risk of heart disease and cancer by protecting your cells against the effects of free radicals. Free radicals (disease-causing cells) can damage healthy cells, playing a possible role in heart disease, cancer and other diseases.
- 1 cup of strawberries supplies students with 86 mg — over 100% of the Dietary Reference Intakes (DRIs)!

Folate!

- Also referred to as "Folic acid," this B vitamin, has shown to play an important role in helping prevent birth defects.
- It also helps to make healthy new cells by manufacturing the DNA required for the rapid growth and turnover of cells.
- May help lower risk of heart disease and cancer.
- 1 cup of strawberries provides 35 µg (micrograms) of Folate. Children aged 4-13 years require 200-300 µg per day (12-18% of the DRI). For non-pregnant individuals 14+ this amount of Folate represents 9% of the DRI since the requirement is 400 µg per day.

PHYTOCHEMICALS!

- Pronounced "Fight-o-chemicals," these non-nutritive substances are produced by plants to help protect themselves from insects and other pests.
- The good news is these beneficial substances not only protect plants, they also protect humans. Phytochemicals may strengthen your body against diseases like cancer and heart disease!

POTASSIUM!

- This mineral is necessary for your nerves to surge, muscles to contract, and the heart and kidneys to function properly.
- Potassium also helps our bodies to regulate blood pressure.
- 1 cup of strawberries has a good amount of potassium — 252 mg to be exact. To put this into perspective, 1 medium banana has 467 mg, and 1 medium orange has 249 mg. The DRIs suggest children aged 4-18 consume between 3,800 and 4,700 mg per day.

FIBER!

- Helps keep energy levels steady.
- Lends a mighty hand to your intestines to prevent constipation.
- May also lower cholesterol levels.
- 1 cup of strawberries provide about 3.5 grams of fiber. The DRIs recommend children aged 4-18 consume 25-38 grams daily.

EXTENSIONS: 1.) Utilizing the Strawberry Powers: Tree Map® activity provided, students can help illustrate how strawberries promote wellness.
2.) Check out the enclosed Double Bubble Map® to learn about the differences between a vitamin and a mineral.



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**THE
STUNNING
STRAWBERRIES!**

CALIFORNIA CONTENT STANDARDS.

ACTIVITY

CONTENT STANDARDS

grades 9 & 10

grades 11 & 12

Circle Map®	<ul style="list-style-type: none"> • Writing Strategies 1.2 	<ul style="list-style-type: none"> • Reading Comp 2.2
Double Bubble Map®: Vitamins & Minerals	<ul style="list-style-type: none"> • Writing Strategies 1.2 • Literary Response & Analysis 3.2 	<ul style="list-style-type: none"> • Reading Comp 2.2
Strawberry Powers: Tree Map®	<ul style="list-style-type: none"> • Reading Comp 2.4, 2.6, Reading 1.1 	<ul style="list-style-type: none"> • Writing Strategies 1.3
How to Pick Some Stunning Ones + Bubble Map® Activity	<ul style="list-style-type: none"> • Writing Strategies 1.2 • Literary Response & Analysis 3.2 	<ul style="list-style-type: none"> • Reading Comp 2.2



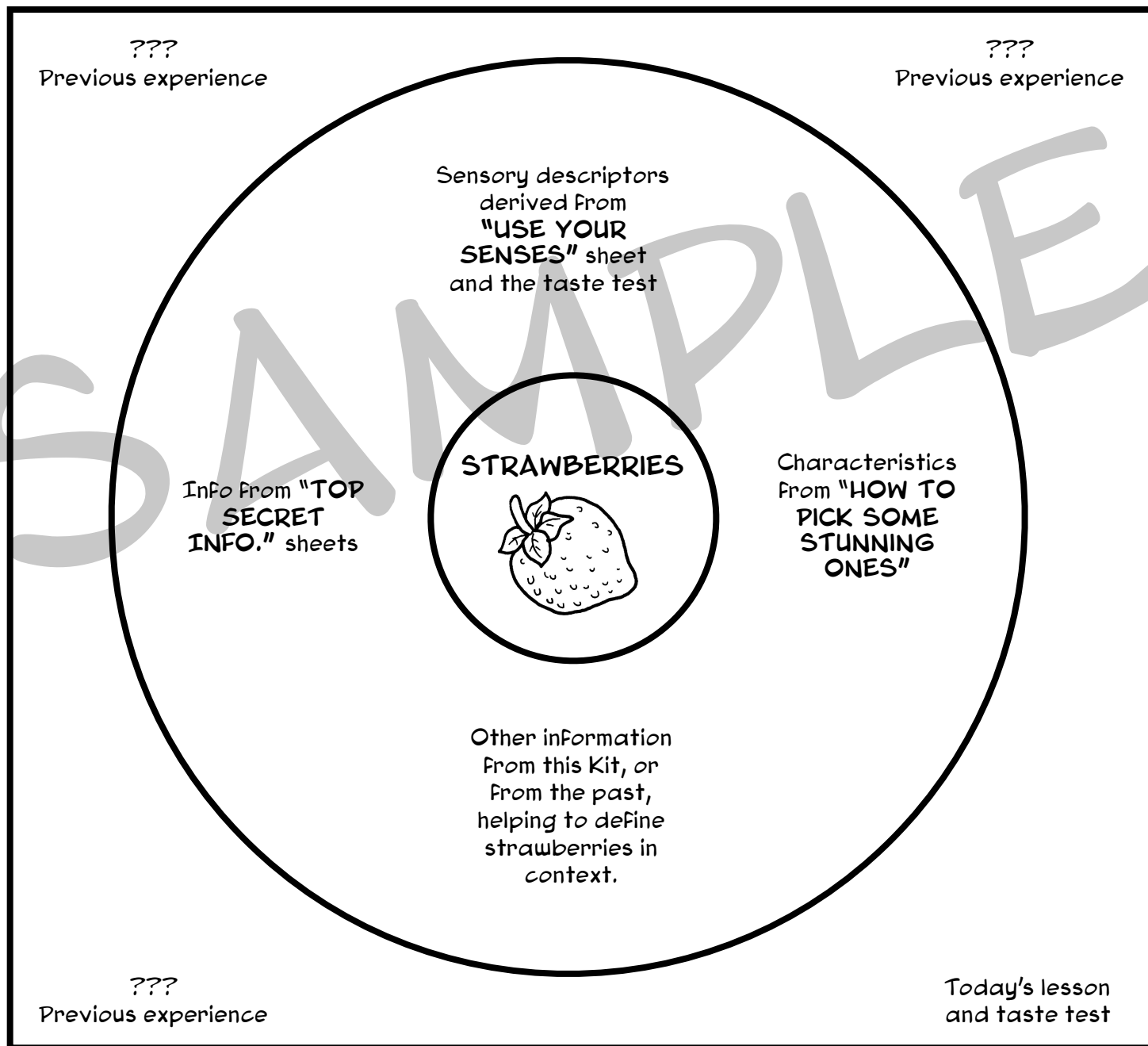
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THE STUNNING STRAWBERRIES!

CIRCLE MAP®

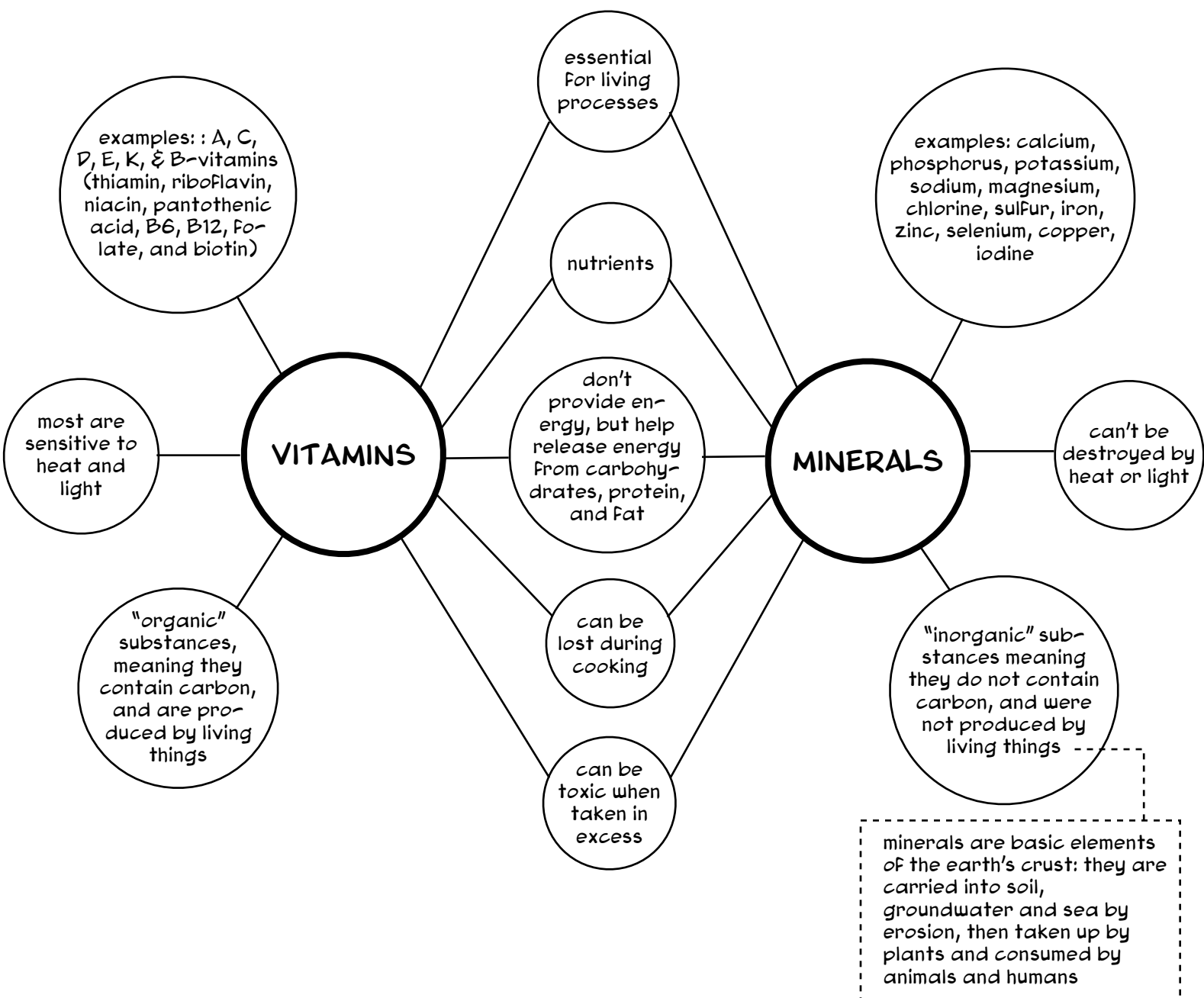
Possible ideas to include in the formation of a Circle Map® about strawberries. The examples provided are obviously not exhaustive and are given to help illustrate and define strawberries...



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DOUBLE BUBBLE MAP®: VITAMINS & MINERALS.



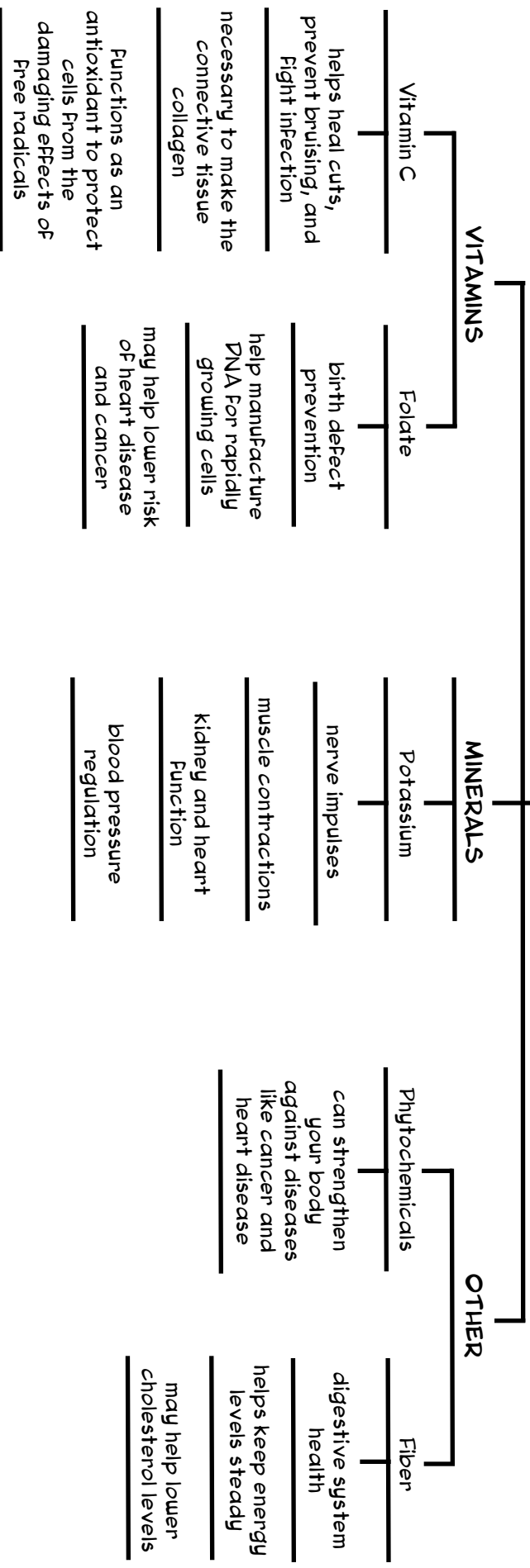
THE STUNNING STRAWBERRIES!

KEY

STRAWBERRY POWERS: TREE MAP®

Those trained in Thinking Maps® can use the "Strawberry Powers" from the "Top Secret Info." sheets to help create a Tree Map® based on the powers of the ~Stunning Strawberries~. Underneath each nutritional power, students can either 1.) write what it does, or 2.) draw a picture of what it does. An illustrated example is also provided.

STRAWBERRY POWERS & WHAT THEY DO.



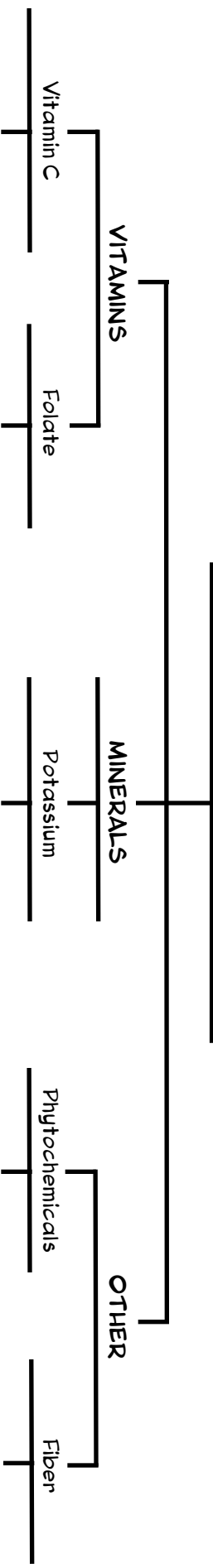
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THE STUNNING STRAWBERRIES!

STRAWBERRY POWERS: TREE MAP®

STRAWBERRY POWERS & WHAT THEY DO.



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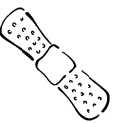
STRAWBERRY POWERS: TREE MAP®

STRAWBERRY POWERS & WHAT THEY DO.

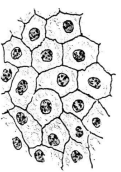
VITAMINS

Vitamin C

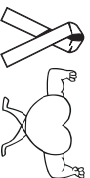
helps heal cuts, prevent bruising, and fight infection



necessary to make the connective tissue collagen



may help lower risk of heart disease and cancer



Folate

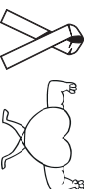
birth defect prevention



helps to make healthy new cells



may help lower risk of heart disease and cancer



MINERALS

Potassium

nerve impulses



muscle contractions



kidney and heart function



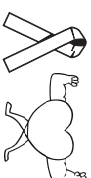
keeps blood pressure levels normal



OTHER

Phytochemicals

may help lower risk of heart disease and cancer



Fiber

digestive system health



helps keep energy levels steady



may help lower cholesterol levels



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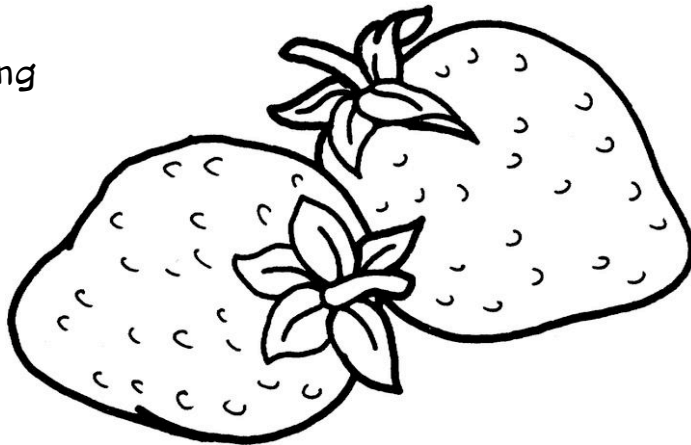


THE STUNNING STRAWBERRIES!

HOW TO PICK SOME STUNNING ONES.

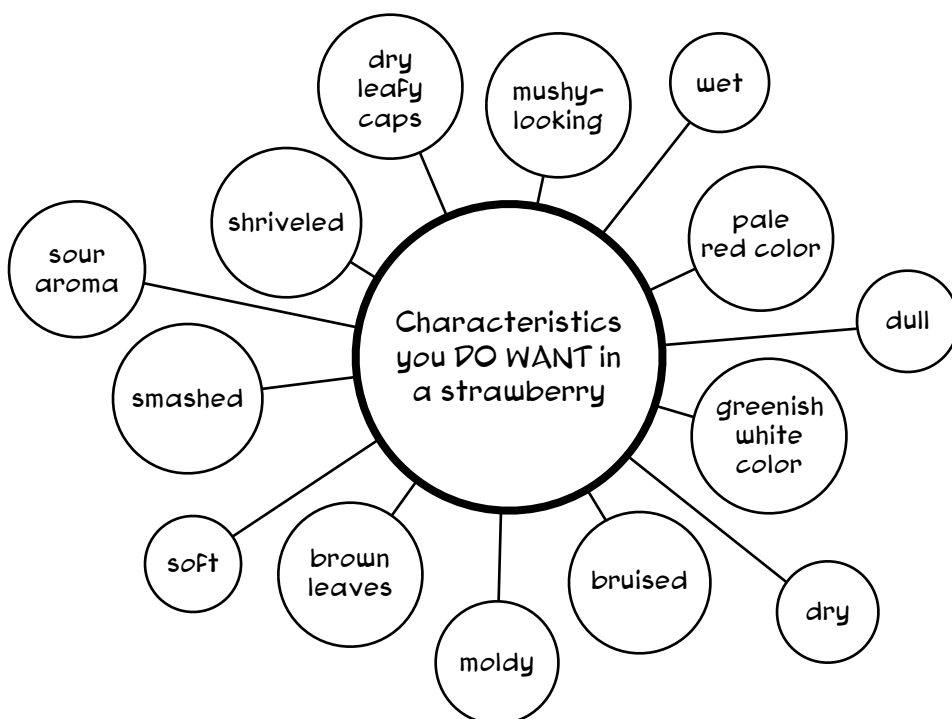
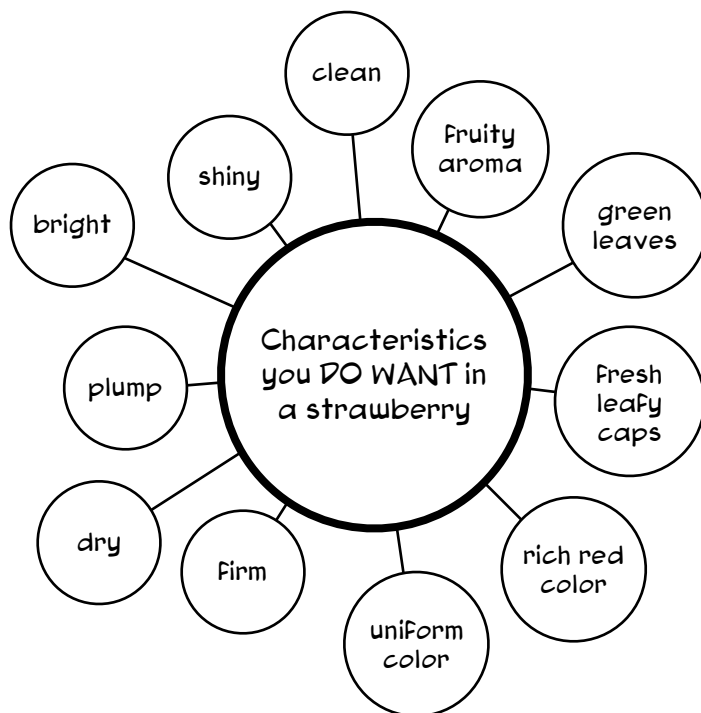
What are the characteristics you should look for when selecting strawberries at the market? Draw two Bubble Maps®: One labeled "Characteristics you DO WANT in a stunning strawberry," and the other labeled, "Characteristics you DON'T WANT in a stunning strawberry," Assign the descriptors below to the correct Bubble Map®

- plump
- dry
- firm
- uniform color
- rich red color
- pale red color
- greenish, white color
- fresh leafy caps
- green leaves
- brown leaves
- dry leafy caps
- soft
- mushy-looking
- bruised
- moldy
- smashed
- shiny
- dull
- clean
- Fruity aroma
- sour aroma
- bright
- wet
- shriveled



THE STUNNING STRAWBERRIES!

BUBBLE MAP®:
HOW TO PICK SOME
STUNNING ONES.



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THE STUNNING STRAWBERRIES!

USE YOUR SENSES

STRAWBERRIES

LONG-STEMMED STRAWBERRIES

	Color		
	Size		
	Shape		
	Other		
	Sound		
	Texture		
	Taste	TASTE: TEXTURE:	TASTE: TEXTURE:
	Smell		



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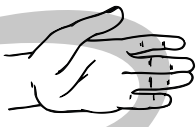




THE STUNNING STRAWBERRIES!

USE YOUR SENSES

STRAWBERRIES

LONG-STEMMED STRAWBERRIES

	Color	red to dark red	same
	Size	approx. 2" depending on the berry	larger than the regular strawberries
	Shape	can be round, cone, heart-shaped, or even square depending on the berry	same
	Other	shiny, seedy	same, but have a long stem still attached
	Sound	a soft squish when bitten; juicy	same
	Texture	slick, yet slightly bumpy skin; soft, yields to gentle pressure	same
	Taste	TASTE: sweet, sometimes tart/sour TEXTURE: soft, seedy, gritty, moist, succulent (juicy)	same
	Smell	Fruity, sweet, aromatic	same

EXTENSIONS: 1.) Utilize the Following Bubble Map® activity provided to graphically organize the sensory attributes of strawberries.

2.) Check out the enclosed "How To Pick Some Stunning Ones" activity to learn about characteristics to observe for proper selection.

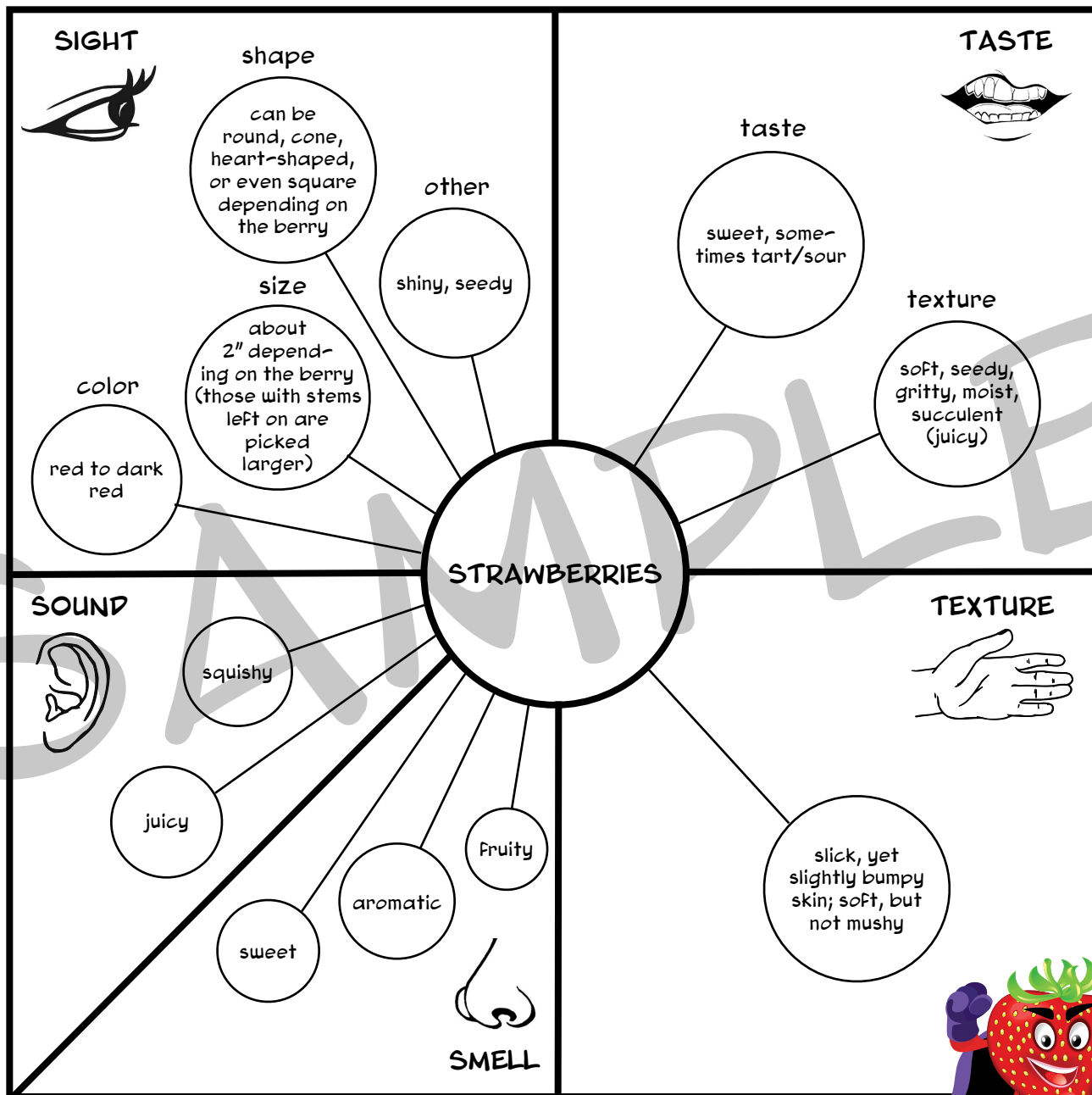


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THE STUNNING STRAWBERRIES!

**BUBBLE MAP®:
USE YOUR
SENSES.**



EXTENSION: Use the adjectives written to construct sentences describing strawberries using similes or metaphors.







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THE STUNNING STRAWBERRIES!

BUBBLE MAP®:
USE YOUR
SENSES.

<p>SIGHT</p> 	<p>TASTE</p> 
<p>SOUND</p> 	<p>TEXTURE</p> 

STRAWBERRIES



SMELL



EXTENSION: Use the adjectives written to construct sentences describing strawberries using similes or metaphors.



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THE STUNNING STRAWBERRIES!

2 ZIPPY RECIPES: STRAWBERRY SMOOTHIES

"STRAWBERRY SHAKE IT UP!"

Serves: 2-4 in small cups

Materials

blender
measuring cup
measuring cup for liquids
small cups for serving
paper towels/napkins
tablecloth

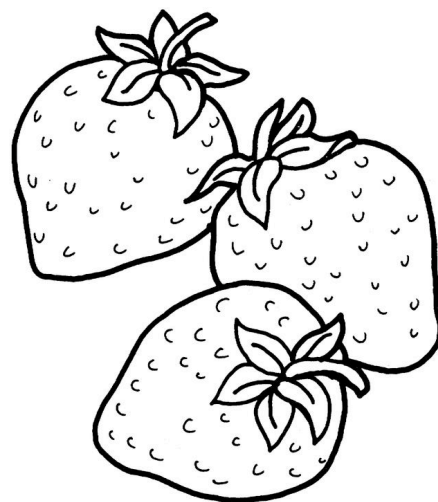
Ingredients

ice
strawberries
bananas
orange juice

Directions

- Combine the ingredients into the blender: 1 cup of ice, 1 cup of strawberries, 1 banana, 6 oz. of orange juice.
- Blend until smooth
- Pour and enjoy!

Adapted From LA Collaborative website, HOTM educational resources for strawberries,
"Rebus (Pictorial) Recipes"



"SPRING SMOOTHIE"

Serves: class of 32 in small cups

Materials

blender
small cups for serving
pitcher or cup to pour out
smoothie
paper towels/napkins
tablecloth

Ingredients

3 (8 oz.) containers low-fat
yogurt
2 (12 oz.) packages of frozen
strawberries, partially thawed
1 ½ cups 100% orange juice

Directions

- Combine half of the ingredients in a blender to make the first batch. Blend 15 to 20 seconds or until smooth.
- Repeat previous step for second batch.
- Pour and enjoy!

Source: Monrovia USD - Network for a Healthy California; adapted from Discover the
Secrets of Healthy Living, Public Health Institute, 2001



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